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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Top 3 Tips To Great Tan!

By Alfred J. James

The popularity of self-tanning products is surging, showing that Americans are wising up about sun safety. They're putting their money where their skin is.

Skin takes a lot of wear and tear, so it naturally regenerates itself. Every 35–45 days the outer layer of the skin, the epidermis, is completely replaced. Since skin pigment is found in this upper layer, any natural or added pigment will be sloughed away in about one month's time. This is why natural tans fade and why many self-tanning products recommend you re-apply the product every few days to maintain your tan.

Self-tanning products, also called "sunless" tanning lotions, contain dihydroxyacetone (DHA), a colorless sugar that interacts with dead surface cells in the epidermis, staining the skin darker. The effect is temporary, because as the dead cells naturally slough off, the color fades, disappearing within a week unless the lotion has been reapplied. That's a lot more healthful than a suntan, however, because while suntans also start fading after a few days, the harm done to the skin is permanent.

Getting a suntan breaks down the DNA in skin cells, but using self-tanners causes no such damage. At worst, sunless tanning products present a minimal risk of irritant or allergic reactions.

1. Self-tanning takes time. Allow AT LEAST a half hour, although an hour would be best. But don't be discouraged; it would still take longer to get the same amount of color from the sun and with self-tanners there is absolutely no risk of wrinkles, skin cancer, or sunburn!

2. Take a quick shower or bath (don't soak) and exfoliate your skin, either with a washcloth or body scrub. Don't overscrub, but do pay extra attention to your knees, ankles, feet, elbows, and neck. This will help achieve a uniform appearance since self-tanners grab on to dry surface skin cells, and you may have more dead, thickened skin cells in certain areas. After showering and completely drying off, apply a thin layer of lightweight moisturizer over the areas where you will be applying self-tanner. This will help the self-tanner glide on without clinging to dry patches. A little extra moisturizer over ankles, knees, and elbows can prevent those areas from looking patchy. I have seen some recommendations to mix self-tanner with your moisturizer, but I advise against this because it will encourage streaking

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(unless you can precisely mix them which isn't easy) plus it will take longer for the self-tanner to absorb and dry.

Perspiration also will make self-tanners streak, so take a cool shower or bath to keep from sweating. Your skin must be completely dry to get the best results. Do not apply self-tanner in a steamy, hot bathroom or on a humid, hot day (unless your home is air-conditioned).

3. Ideally, you should apply the self-tanner while naked, but you can also wear an old bathing suit (one you don't plan to wear outside) to help determine where you want your tan line to end. Either way, have a game plan of where you want to stop and start the color. (Do you want tan armpits? What about places like your heels, hands, and ears?) Remember that self-tanners will stain clothing until they completely absorb into the skin and take effect on the skin cell.

Applying self-tanner on your back requires a friend with a helping hand, although you can use a

long-handled paintbrush (note that this poses some issues of potential dripping and uneven application if you are not able to blend the product in).

Self-tanning products, also called "sunless" tanning lotions, contain dihydroxyacetone. Find out about Self Tanning at

<http://SelfTanning.ewhy.info>

Best Tips To Safe Indoor Tanning

By Ashish Jain

The process of self tanning is the answer to sun tanning, which you believe is the possible reason for skin cancer. The relationship between cancer and sun tan is more or less proved by the research scientists now.

One of the "safest" methods is airbrush tanning. This is the process that employs an air compressor and airbrush delivery system to apply the tanning solution to the skin, to whichever area you wish.

What is the positive side of this natural tan system? It is easy and even in application. The absorption is quick, streak-free. We have blamed the sun enough for your hard labors in sun tanning, when you were ignorant about these self tanning exercises. Burning, premature aging, and master of all skin diseases, the dreaded skin cancer!

There is nothing to be afraid about this natural tan, codenamed DHA. It is our old friend, sugarcane juice! Its reaction is just superficial. I mean it causes a natural reaction on the top layer of your skin, to produce a beautiful tan. Sugar can cause you diabetes, but not this process- no damage to the skin, whatsoever!

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Krome Aerosol Spray Tanning: This is also a side-effects free, superior solution. It is very convenient to use as well. It is a hand-spray bottle. You can carry it along with you.

You need to follow certain guidelines, before you start with your self-service tanning procedure:

1. Before using the airbrushing application, remain free from the application of lotions and perfumes.
2. Shake the can thoroughly, before each application.
3. Even and thorough application is a must.
4. Allow for a deep and penetrating tan. Do not take bath for 6 to 8 hours after the tan.
5. If it is your first attempt, do it again on the second day for the tan to be effective.
6. Always wipe the bottoms of your feet after airbrushing.
7. Maintain a cool body temperature before spraying.
8. Take care to select your product for self tanning. Quick results are nice, but if they were to cause permanent damage to your skin, you will feel discouraged. This type of tanning is supposed to check the aging process of the skin.

If the ingredients of the solution are natural, it is reasonable to assume that they are safe. Tan only when it is necessary and if you think it suits you. Your natural complexion of the skin might be better than any tan. Have a moderate approach to tan.

<http://www.easy-tanning.com/tanningbeds/>

& Tanning Tips provides detailed information on tanning, tanning beds, tanning tips and more.



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